

SUGGESTED USE: One tablet daily, preferably with breakfast

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 90

Ingredient		Amount Per Serving	%DV
Vitamins:			
A	(natural Beta-Carotene)	10000 IU	200
D	(ergocalciferol)	400 IU	100
E	(d-alpha tocopherol)	100 IU	333
K	(phyloquinone)	20 MCG	25
C	(calcium ascorbate)	240 MG	400
B-1	(thiamine)	23 MG	1500
B-2	(riboflavin)	25 MG	1500
B-3	(niacinamide, niacin)	25 MG	167
B-5	(ca. pantothenate)	30 MG	300
B-6	(pyridoxine HCL)	30 MG	1500
Folate	(folic acid)	400 MCG	100
Biotin	(d-biotin)	150 MCG	50
B-12	(methylcobalamin)	100 MCG	1667
Calcium	(ascorbate, citrate)	30 MG	3
Magnesium	(oxide, malate)	30 MG	7
Manganese	(citrate)	2.5 MG	125
Zinc	(malate)	15 MG	100
Iodine	(kelp)	150 MCG	100
Chromium	(niacinate)	100 MCG	83
Selenium	(l-selenomethionine)	100 MCG	143
Copper	(glycinate)	1 MG	50
Molybdenum	(glycinate)	25 MCG	33
Potassium	(glycinate)	5 MG	**

Minerals:

Boron (glycinate)	1 mg	*
Vanadium (glycinate)	20 mcg	*
Blend of 78 Ionic Trace Minerals	25 mg	*

Bioflavonoids:

Hesperidin complex	25 mg	*
Rutin	15 mg	*
Quercetin	10 mg	*

Superfoods:

Spirulina	250 mg	*
Wheat (gluten free); Barley; Kamut; Oat Grass juice powders (33:1 concentrate)	50 mg	*
Norwegian kelp	30 mg	*
Total raw food values:	1930 mg	*

Plant Enzymes:

Protease, Amylase, Lactase, Lipase, Cellulase, Maltase, Sucrase	10 mg	*
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Herbal Extracts:

Codonopsis (10:1)	40 mg	*
Schizandra (10:1)	40 mg	*
Eleuthero (50:1)	40 mg	*
Gynostemma (12:1)	34 mg	*
Astragalus (12:1)	34 mg	*
He-shou-wu (polygonum multiflorum) (16:1)	25 mg	*
Total raw herb values:	4016 mg	*

Co-Nutrients:

Choline bitartrate	25 mg	*
Inositol	25 mg	*
Chlorophyll	2.5 mg	*
Mixed Carotenoids	2 mg	*
Mixed Tocopherols	28 mg	*
Phycocyanin	37 mg	*

PhytoNutrients:

One 'n' Only contains hundreds of valuable phyto-nutrient compounds.

Lipids:

Gamma linolenic Acid; Linoleic Acid; Linolenic Acid; Oleic Acid; Steric Acid

* Daily Value not established. ** Less than 2% Daily Value.

Other Ingredients: Cellulose, croscarmellose sodium, silicon dioxide, stearic acid, magnesium stearate. **Storage:** Keep tightly closed in a dry place, avoid extreme heat. Please keep all supplements out of children's reach.